

## The right running shoes.

### The Normal Foot



**Characteristics:** A normal foot lands on the outside of the heel, then rolls inward (pronates) slightly to absorb shock. Generally considered a biomechanically

efficient foot.

**Best fit:** Semi-curved shaped

**Best shoes:** Stability shoes with moderate control features such as a two density midsole.

### The Flat Foot



**Characteristics:** This imprint usually indicates an overpronated foot that strikes the outside of the heel and rolls inward excessively. Over time, this can cause many different overuse injuries.

**Best fit:** Straight or semi-curved shaped

**Best shoe:** Motion-control shoes, or stability shoes with firm midsoles and control features that reduce the degree of pronation, Stay away from highly cushioned, curve shaped shoes that lack stability and control.

### The High-Arched Foot



**Characteristics:** Generally termed a supinated or underpronated foot. This foot doesn't pronate enough, not an effective shock absorber.

**Best fit:** Curved

**Best shoe:** Cushioned shoes with plenty of flexibility to encourage foot motion.

## Shoe types

There are 3 basic shoe shapes:

- Straight
- Semi-curved
- Curved

And 3 basic shoe types:

Motion Control: The most rigid, control oriented running shoe. Designed to limit overpronation. Most are straight shaped. Runners with flat feet do best in these also heavy runners who need extra durability and control.

Stability: These shoes offer a good blend of cushioning, medial (arch side) support and durability. Most are semi-curved shaped. Runners with normal arches do well with these.

Cushioned: These generally have the softest midsoles and the least arch side support. Usually semi-curved or curved shaped.

Runners with high arches do best in this shoe.



## TIPS FOR CHOOSING THE RIGHT SHOES



Provided by:

## NMCB FOUR MEDICAL DEPARTMENT

### Welcome Aboard NMCB-4

In preparation of your future physically challenging program, your Medical Department has assembled this brochure to assist you in purchasing the proper running shoe for your foot type. We highly encourage you to select the correct running shoe.

- Begin your physical training now! This will help reduce the possibilities of injury.
- At NMCB-4 we run a minimum for three miles every Monday, Wednesday, and Friday. Be prepared.

Does it matter what shoes I run in?

YES, it does matter, more than half of the injuries related to running are due to wearing improper shoes. Such injuries can be:

Shin splints  
Foot pain  
Knee pain

Hip pain  
Lower back pain  
These are just a few of the possible results that can occur with the wrong shoes.  
There is good news though. It's pretty easy to determine the right kind.

### STEP ONE: FINDING YOUR FOOT TYPE.

The easiest way to determine what type of foot you have is to do the WET TEST.  
To take the test, wet your foot then stand on any surface that will leave an imprint of your foot. (i.e. paper bag or cardboard) There are three basic foot types. Your foot may not look exactly like the ones



shown but it will give you the general idea your foot type.



### STEP TWO: FIND YOUR SHOE SIZE.

To make sure you get the proper fit measure both feet. You should have both feet measured for size and width.

Other tips to get the right fit:

- **Wear the socks you run in to try on shoes.**
- **Walk and run with both shoes on a hard surface.**

**Make sure your shoes feel comfortable before buying them.**

